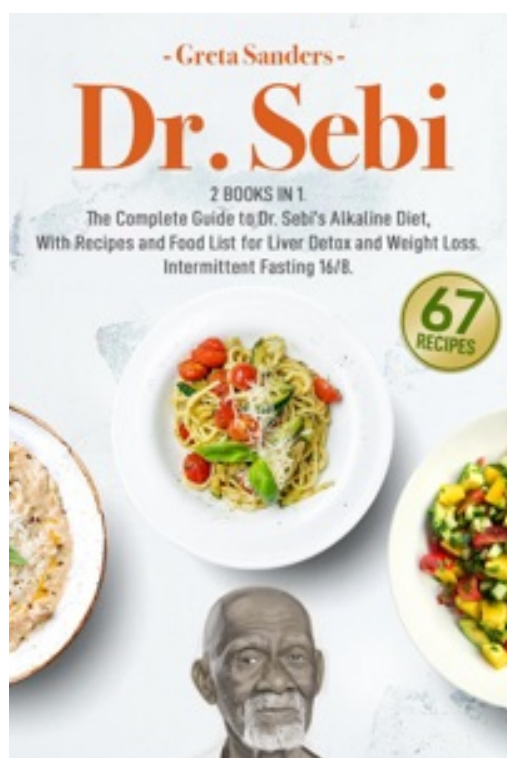


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What is included in his technique?

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How to safely execute these eating routines

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Are these books simple to follow?

In both books, the author makes sure the reader is engaged and introduced to the topic in simple and easy to follow steps. You will find the basics and the more advanced information as you proceed in your journey.

Will these books help me lose weight naturally?

The Dr. Sebi alkaline diet, incorporates all the good and nutrient-rich foods, leaving out the ones that are obstacles to your weight management and health. Intermittent fasting 16/8 will rewire your eating schedule to make your body a fat-burning machine, without interacting much on what you eat. So yes, everything you find in these books is entirely natural!

Will these books improve my mental and physical health quickly?

Absolutely YES! As previously said, the aim of both of these book guides is to do just that. Our diet and eating schedule make up a lot of our health, so, as soon as you change those, you'll feel it for sure.

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